

INTERDISCIPLINARY LONGITUDINAL STUDY OF ADULT DEVELOPMENT (ILSE)

The ILSE study from Germany is collecting data on the individual, societal and material factors (e.g., the Housing conditions) contributing to an aging process characterized by high levels of self-determination and life satisfaction. The study contributes to interdisciplinary basic research efforts and has far-reaching consequences for the development of counseling and preventive measures aiming at improving the quality of life in old age.

Listing of study variables & measurement of variables

Sociodemographic:

- birth place
- age
- childhood and adult location
- gender
- education
- living conditions
- marital status
- environmental & sociological processes
- income
- job
- familial and extra-familial network
- educational systems
- societal and economic development in different stages of the individual life-course • objective living conditions (like housing situation)

Health (general):

- life expectancy
- perceived health
- quality of life
- adaptation
- life-satisfaction

Biomedical parameters:

- clinical status
- functional diagnosis
- medication
- health-related behavior

Medical/Psychiatric:

- prevalence of medical and psychiatric illnesses in the life course

Psychological:

- quantity and quality of social contact and social support inside and outside of the family
- generalized and specific forms of coping with change and challenges
- risk factors for cognitive impairment
- cognitive ability and changes
- personality
- life-satisfaction
- identity

Lifestyle:

- nutritional behaviour
- sport and exercise activities